



Friendship Heights

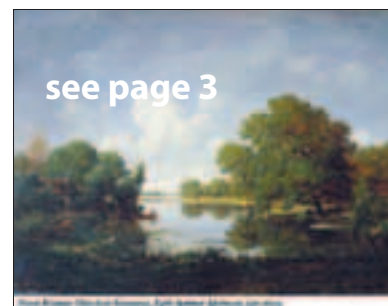
# VILLAGE NEWS

OCTOBER 2004

301-656-2797

VOLUME 19, NO. 5

see page 3



## Fall Festival Italian Style

Celebrate Fall with a little Italian seasoning as this year's Friendship Heights Fall Festival features Italian music, dance and fare on

**Monday, Oct. 25, at 7 p.m.** at the Village Center. Each year the Village pays tribute to the history and traditions of a region that is part of our ethnic origins. This year we explore the culture and cuisine of Italy.

Mayor Melanie Rose White will give the welcoming remarks. Then it's a night of arias as we feature the beautiful melodies of Italian music.

You can help yourself to a light fare with tasty treats from our neighbors at Alfio's. We hope you'll bring family and friends along to join in the evening's celebration - in the spirit of Friendship, why not invite a new resident who might not be acquainted with the strong community ties of Friendship Heights. Call 301-656-2797 for more information.



## Weekend of Woofs

Come join the fun on **Saturday, Oct. 16, from 2 to 3:30 p.m.** in Hubert Humphrey Park as Friendship Heights hosts "Dog's Day Out." This companion dog show will offer a variety of awards to "man's best friend."

Representatives from Roxie's Fund will be on hand with a few adorable adoptables. Paws Pet Provisions will have gift baskets for all dogs competing. Sign up at the Village Center by Oct. 7 if you plan to enter the competition. The fee will be \$5.

## Pasta and politics — a winning combination

What better way to spend an evening just before the 2004 election than with the *Capitol Steps*?

Join us for a trip to the Ronald Reagan Building and International Trade Center on **Saturday, Oct. 30**, to enjoy the *Capitol Steps* and dinner at the brand new Aria Restaurant (formerly Michael Jordan's).

The *Capitol Steps* consists of current and former Congressional staffers who monitor events and personalities on Capitol Hill, in the Oval Office, and around the world and then take a humorous look at serious issues. In the past few months they have tackled such topics as Tom Ridge ("Glory, Glory Paranoia"), Iraq ("Papa's Got a Brand New Baghdad"), the President ("When Bush Comes to Shove") and the conventions ("Democratic Hit Parade").



Our evening will begin at Aria. Choose (when you sign up): Bruschetta or mixed grilled vegetable salad for an appetizer; pizza capricciosa (artichoke hearts, olives and prosciutto), Roasted Mushroom Cannelloni (with ricotta, spinach and wine reduction) or Pollo Arrosto (roasted chicken with vegetables); and chocolate mousse cake or lemon Italian ice for dessert.

We will depart the Friendship Heights Village Center at 5 p.m. and should be back by 10 p.m. The cost is \$78 for dinner, transportation, the discounted *Capitol Steps* ticket (in the Orchestra), and all taxes and gratuities. There are 24 tickets available. **A photo i.d. is required to enter the Reagan Building. Deadline to sign up is Oct. 15.**

Flu Shots... see page 13

# CHILDREN'S PROGRAMS

## Trick and Treat and Halloween Fun

Bring your little goblins, princesses and super heroes for an evening of Halloween fun. The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, ages one to 10, on **Friday, Oct. 29, from 6 to 7:30 p.m.** There will be Halloween games, refreshments and a few fright-filled activities. Admission is free for children in costume; two dollars for those not in the Halloween spirit. Children must be accompanied by a parent or guardian. Registration is required. Sign up at the Village Center. The deadline is Wednesday, Oct. 27. For more information, call the Village Center at 301-656-2797.

## Pumpkins and pony rides in October

Spend an autumn morning in the country as we visit Clark's Elioak Farm in beautiful Howard County on **Wednesday, Oct. 6.** Children ages 2 1/2 to six are invited on a fall field trip where children can visit the friendly animals, take a pony ride and pick a pumpkin. There's also a hay bale maze, a mini farm play area, handwashing stations and restroom facilities. Bring your own picnic to enjoy on the farm. We'll depart from the Village Center at 9:30 a.m. and should return by 2:30 p.m. The cost is \$14 per person and includes transportation, admission to the farm, hay ride, tour, and a pony ride. Each child will also receive a pumpkin. Children must be accompanied by an adult or guardian. Sign ups begin immediately at the Village Center. The deadline to sign up is Friday, Oct. 1.

## Want to come and play?

The Village Center offers a weekly Village Playtime for pre-school children every Thursday from 11 a.m. to 4 p.m. In addition to puppets, games, toy tunnels and a combination grocery-theater-and post office, we also offer songs and stories on select weeks. Village playtime is a free drop-in open house in the auditorium of the Village Center. Children of all ages are welcome, but toys are most suitable for children from one to five years of age. Children must be accompanied by a family member or caregiver over the age of 13. **On Oct. 28,** join us for Halloween Crafts from **2:30 to 3:30 p.m.** If you would like to attend the craft session, please let us know by calling 301-656-2797.



### Friendship Heights VILLAGE NEWS

[www.erols.com/friendshiphtsvillage](http://www.erols.com/friendshiphtsvillage)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

#### ADVERTISING

The deadline for reserving space for the November issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# ON the GO...

## Spend a day on Capitol Hill

Join us **Thursday, Nov. 18**, for docent-led tours of two distinguished buildings on Capitol Hill and lunch at a celebrated Washington restaurant.

Our day will start with a tour of the Folger Shakespeare Library. The Folger contains the world's largest collection of the playwright's works, including one third of the surviving first editions. We'll see the Folger Theatre, a reproduction of an Elizabethan "inn-yard" theater and, weather permitting, the garden. A brand new exhibit at the Folger is "The Culture of Letter-Writing in Early Modern England." The Folger's collection of manuscript and early printed letters, unparalleled in North America, offers examples of the many different types of letters that can be written. But the main focus of the exhibition is the importance of elements of early modern letter writing that have been lost: seals, enclosures, endorsements, foldings, paper and inks that all carried their own message in this pre-envelope era.

Next, we will drive a short distance to the Sewall-Belmont House, one of the oldest homes on Capitol Hill. It was built by Robert Sewall in 1800 and was named for him and for Alva Vanderbilt Belmont, whose financial contribution enabled the National Woman's Party

continued on page 14



## Take the Road to Impressionism

Join us **Wednesday, Nov. 10**, for a trip to Baltimore to view "The Road to Impressionism" at the Walters Art Museum. This exhibition represents about 70 works of art by the painters whose innovations led to the development of Impressionism. During our guided

continued on page 14

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# AUTHORS PAGE

## Is America safe?

Matthew Brzezinski, a contributing writer for the *New York Times Magazine* and former foreign correspondent at *The Wall Street Journal*, will discuss his book, *Fortress America: On the Frontlines of Homeland Security — An Inside Look at the Coming Surveillance State*, at the Village Center on **Thursday, Oct. 28, at 7:30 p.m.**



The book paints a sobering picture of what life may be like in a maximum security state: satellites and surveillance equipment that can see through the walls of your home; computer programs capable of spotting abnormal behavior; mandatory chips installed in all cell phones and automobiles that can locate you instantly within a dozen yards. Will Americans trade liberty for security?

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

## With a name like Tuchmacher...

Chevy Chase artist, scientist, and occasional stand up comedian, Lila Snow, has written a memoir that is as funny as it is heartwarming. Born in Harlem and raised in Brooklyn, Ms. Snow is the granddaughter of immigrants who came to America to escape eastern Europe and partake in the American dream of a better life. She writes about her bubba (her grandmother) and the very funny stories she told. "With a name like Tuchmacher, you better be funny," she writes. This became the title of her book and she will share her family stories at the Village Center on **Monday, Oct. 18, at 1 p.m.** "People in the audience usually have their own funny family stories to tell," she says.



There is no charge for the talk, but please let us know if you plan to come by calling the Center at 301-656-2797. Copies of the book will be available for half price.

Light refreshments will be served.

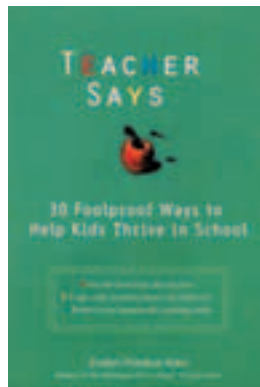
## Teacher says...

Evelyn Porreca Vuko, *Washington Post* education columnist whose "Teacher Says" column is read by millions, will discuss her book, *Teacher Says: 30 Foolproof Ways to Help Kids thrive in School*, at the Village Center on **Thursday, Nov. 4, at 7:30 p.m.**

Since 1995, her column "Teacher Says" in the *Style*

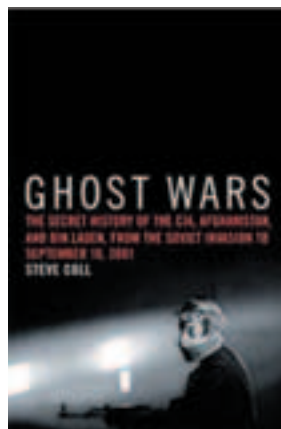
section of *The Washington Post* has made education accessible for adults and entertaining for kids. Unique and easy ideas are gathered from a world-wide variety of professional educators and therapists as well as artists, writers, poets, astronomers, martial arts experts and Native American tribal members. Her column appears in over 800 newspapers and news services worldwide. She also holds weekly live online discussions on the *Washington Post* website. She's been called the "Ann Landers for the school parent" and has thirty years of experience as a teacher and administrator.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.



## Pulitzer Prize winner to speak at Center

Steve Coll, Pulitzer Prize-winning journalist and Managing Editor of *The Washington Post*, will discuss his book, *Ghost Wars: The Secret History of the CIA, Afghanistan, and bin Laden, from the Soviet Invasion to September 10, 2001*, at the Village Center on **Thursday, Oct. 7 at**



**7:30 p.m.** Mr. Coll's book, an investigative look at the CIA's role in Afghanistan, reached No. 8 on the New York Times bestseller list.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale (this event was originally scheduled for May 24).

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# PLAYING on the BIG SCREEN

Enjoy fresh popcorn during these free video presentations

**Thursday, Oct. 7, 7:30 p.m.—Booksigning with Steve Coll, see page 4 for details.**

**Thursday, Oct. 14, 7:15 p.m. — The Human Stain.**

Set in the late '90s at the height of the Clinton sex-scandal, *The Human Stain* stars Anthony Hopkins as Coleman Silk, a respected professor at a New England college who suddenly finds his life unraveling after a comment he makes about some African-American students is misinterpreted as a racial slur. As the scandal heats up, Nathan Zuckerman, played by Gary Sinise, a writer researching a biography of Silk, begins to dig deeper and deeper into Silk's life. Eventually,

matters are made worse when an affair with a young married janitor named Faunia Farley, played by Nicole Kidman, is exposed. But amid the controversy, Silk must struggle to keep his greatest secret, a secret he's held for the majority of his life, from becoming public. Also stars Ed Harris. Rated R. Running Time: 106 minutes.

Thursday, Oct. 21, 7:30 p.m., — *Café Muse*, see page 19 for details.

Thursday, Oct. 28, 7:30 p.m. —Booksigning with Matthew Brzezinski, see page 4 for details.

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### OCTOBER SCHEDULE

*5:00 Dinner on Mondays*

October 4  
October 18  
October 25

*11:00 Lunch on Wednesdays*

October 6  
October 13  
October 20  
October 27

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*There will be no bus on October 11 due to the Columbus Day holiday.  
Please note that the bus leaves on time.  
You must call ahead to reserve space on the bus.*

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# FRIENDSHIP GALLERY

## Albert Shvilly to exhibit at Friendship Gallery

Albert Shvilly and his students will exhibit their paintings at the Friendship Gallery for the month of October. Mr. Shvilly is a native of Georgia, Russia and a world-renowned artist who has been teaching in this area for nearly 30 years.

The show runs from Oct. 2 to 31. All are invited to meet the artists at a reception on **Sunday, Oct. 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



Left: Zoe Ayalon, above: Joyce Bonnett, Michele Lurie, and Marci Steiner, students of Albert Shvilly, display their paintings

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# CLASSES and CLUBS

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.  
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

## NEW CLASSES

### BONES FOR LIFE

Give bones the pressure needed for safe healthy bone renewal. Promote the sense of balance and stability. Breathe, stand, walk and exercise in this comfortable posture. You'll perk up with relaxation and breathing techniques, based on Moshe Feldenkrais's teachings.

**(Daytime)** This 4-week session meets Thursdays from 11 a.m. to 12:30 p.m., beginning Oct. 28. Cost is \$40. Last class is Dec. 2. (there will be no class Nov. 11). The instructor, Hedy Ohringer is certified in the Feldenkrais Method and Bones for Life. Classes are designed for couch potatoes and athletes, too, and for new students and alumni!

**(Evening)** This 4-week session meets Thursdays from 7 to 8:30 p.m., beginning Oct. 28. Cost is \$40. Last class is Dec. 2. (there will be no class Nov. 11). The instructor, Hedy Ohringer is certified in the Feldenkrais Method and Bones for Life. Classes are designed for couch potatoes and athletes, too, and for new students and alumni!

### INTRODUCTION TO PASTEL

This 6-week class begins Nov. 3. Meets Wednesdays from 6:30 to 8:30 p.m. This class is suitable for beginners as well as more experienced students. Some basic drawing skills helpful but not required. Students will learn to achieve the brilliant and atmospheric effects of the medium of pastel. Instructor will demonstrate the principals of mark making, color layering and blending unique to this medium.

Students may work in chalk or oil pastel but chalk pastel is recommended as it is more manageable and forgiving. A supply list will be sent to students prior to the first class. Instructor Tamora Ilasat is a printmaker who has been drawing and painting for more than 20 years. The cost is \$60. Session ends Dec. 15 (no class on Nov. 24.).

### MAT PILATES

A 6-week session begins October 26. Meets Tuesdays from 7 to 8 p.m. The cost is \$65 for residents and \$75 for nonresidents. Pilates is a total-body conditioning program, which tones the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. With a prime emphasis on proper breathing and form, the muscles are simultaneously stretched and strengthened, while maintaining a stable core from which all movement takes place. Pilates is revitalizing and renewing, not exhausting! This class is recommended for both beginners and intermediate students. It is not recommended for pregnant women or those who have compromised spinal injuries. Instructor Ginger Russell has been certified in Pilates Matwork Exercises by the *PhysicalMind Institute*, using one of several highly acclaimed training formats inspired by the teachings of Joseph Pilates. Please bring a Pilates/Yoga mat and bath towel. Last class will be Dec. 7 (there is no class Nov. 2).

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class is taught by Marianne Winter and begins Nov.

3. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil or pastel to the first class. The cost is \$60. (Maximum number of students is 10).

### TAI CHI (Thursday)

This 6-week session begins October 21. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends December 2. New form-perfect for beginners!

### TAI CHI (Tuesday) -

This 6-week session begins October 19. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends November 30 (there is no class Nov. 2) New form-perfect for beginners!

## ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 to noon. Led by group members.

### GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of





works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

### RSVP KNITTERS

Meets the last Tuesday in alternate months to knit, crochet and sew items to donate to the needy. Donations of washable, acrylic yarn to the Village knitters are always welcome and appreciated. Contact Donna Dahlgren at 240-777-2611.

### SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m.

### TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

### VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend or family member over age 13.

### VISION TRANSITIONS

Low vision doesn't have to mean "no vision." These free monthly meetings offer education and support for people with vision problems. Sponsored by the Prevention of Blindness Society, Vision Transitions meets one Wednesday a month at the Village Center and features talks by guest speakers. To register, call 301-656-2797. For more information about

Vision Transitions, call 202-234-1010 or visit [www.youreyes.org](http://www.youreyes.org).

### WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk in nearby neighborhood.

### YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

## Improve your driving skills

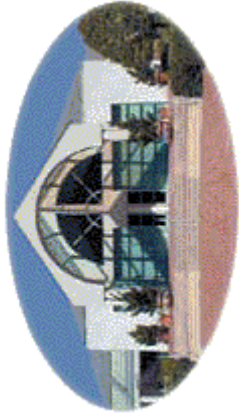
The AARP Driver Safety Program (formerly "55 Alive") will be offered **Friday, Oct. 15, and Friday, Oct. 22, from 10 a.m. to 3 p.m.** at the Village Center. The cost is \$10. Checks should be made out to AARP. Students must bring to class with them their driver's license and a ball point pen. Register at the Village Center.

## American studies series continues

Rosa Weinstein's series entitled "American Culture over the Centuries" continues this month with "Life on a Whaling Ship" on **Tuesday, Oct. 5, at 1:45 p.m.** and "From Farm to Factory and Pioneer Life" on **Tuesday, Oct. 26, at 1:45 p.m.** The sessions look at American culture at different times in our history. Lectures are one hour and fifteen minutes. There is no fee, but registration is required. Please call the Center at 301-656-2797.

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Friendship Heights  
Village Center



Calendar  
of Events

2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
O	O	C	T	O	B	E
R	R	R	R	R	R	R

Village Council meetings are held the second Monday of each month (except on holidays) at 8 p.m. at the Village Center. The next meeting will be **Tuesday, Oct. 12**. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.

<b>3</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>4</b> 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1 p.m.: Red Hat Society 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga <b>7:30 p.m.: Gargoyles and more</b>	<b>5</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening <b>1:45 p.m.: “Life on a Whaling Ship”</b> 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	<b>6</b> 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel <b>9:30 a.m.: Depart for Pumpkin Patch</b> <b>7:30 p.m.: Concert: Joe Glazer</b>	<b>7</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life <b>7:30 p.m.: Book Signing with Steve Coll</b>	<b>1</b> 10:30 a.m.: Coffee and Current Events  <b>12 p.m.: Landon Symphonette</b>	<b>2</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>2 p.m.: Depart for Capitol Steps</b>
<b>10</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>11</b> <b>COLUMBUS DAY</b> <b>Center Open</b> <b>9 a.m. – 2 p.m.</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	<b>12</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening <b>2 p.m.: Susan Duer</b> 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone <b>8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>13</b> 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance <b>1 p.m.: Suburban Lecture: “Taking the “IN” out of Incontinence”</b> 1 p.m.: Portraiture in Pencil and Pastel <b>7:30 p.m.: Concert: Les Amis de Mozart</b>	<b>14</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life <b>7:15 p.m.: Movie: The Human Stain</b>	<b>15</b> <b>10 a.m. to 3 p.m.: AARP Driver Safety Program</b> 10:30 a.m.: Coffee and Current Events	<b>16</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>2 – 3:30 p.m.: Dog Show</b>
<b>17</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>18</b> 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi <b>1 p.m.: “With a Name Like Tuchmacher...”</b> 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	<b>19</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>10 a.m.: “Rising Interest Rates”</b> 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	<b>20</b> 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel <b>1:30 p.m.: Vision Transitions</b> <b>7:30 p.m.: Concert: Ryoko Tajika Drei and Maria Pia DeCarlo</b>	<b>21</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>10 a.m.: Depart for Monticello</b> 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life <b>7:30 p.m.: Café Muse</b>	<b>22</b> <b>10 a.m. to 3 p.m.: AARP Driver Safety Program</b> 10:30 a.m.: Coffee and Current Events	<b>23</b> 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs
<b>24</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>25</b> 9:15 a.m.: Fit-4-Ever <b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life <b>7 p.m.: Fall Festival</b>	<b>26</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening <b>1:45 p.m.: “From Farm to Factory...”</b> 2 p.m.: RSVP Knitters 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates	<b>27</b> 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training <b>1 to 3 p.m.: Flu Shots</b> 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Ghost Stories by Elloulise Schoettler</b>	<b>28</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life <b>7:30 p.m.: Book Signing with Matthew Brzezinski</b>	<b>29</b> 10:30 a.m.: Coffee and Current Events <b>12:15 p.m.: Sunrise Special Lunch</b> <b>1 p.m.: Special Program: Mary McGuinness</b> <b>6-7:30 p.m.: Children’s Halloween Party</b>	<b>30</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>5 p.m.: Depart for Capitol Steps</b>
<b>31</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers						

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH'S SPECIAL LUNCH AND PROGRAM

October's special lunch, prepared by Ed Harris of Brighton Gardens, will be held on **Friday, Oct. 29, at 12:15 p.m.** The menu will be oven-fried chicken, Lyonnaise potatoes, broccoli, and homemade cookies for dessert. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Oct. 27.  
After lunch, please stay to enjoy a special Halloween program featuring music and stories by Mary McInnis at **1 p.m.**



# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

**Wednesday, Oct. 6 — Joe Glazer.** Folk singer and social historian, Joe Glazer, presents "Folk Songs of the American Dream." His songs will trace the story of the American Dream from the early immigrants and pioneers to the modern technological era, from the Great Depression and the New Deal to contemporary problems involving ecology, the development of computers, and globalization. He has performed at the White House, Madison Square Garden, The Kennedy Center for the Performing Arts, and on National Public Radio. He has recorded more than 30 albums. His latest book, *Labor's Troubadour*, is published by the University of Illinois Press. The Library of Congress has established a Joe Glazer Collection in its folk archive division.

**Wednesday, Oct. 13 — Les Amis de Mozart.** It's a feast for music lovers as Sheila Grimes presents two piano quartets with a piano, violin and viola.

**Wednesday, Oct. 20 — Ryoko Tajika Drei and Maria Pia DeCarlo.** This evening of classical music for two pianos will include Mozart's Sonata in D Major for two pianos, Rachmaninoff's Fantastic Op 5 Gondola Song and Night... Love, and selections from Infante's Danses Andalouses including Sentimiento and Gracia.

**Wednesday, Oct. 27 — Ghost Stories by Ellouise Schoettler.** Local storyteller Ellouise Schoettler will present "Haunts and Stuff V," new stories and old favorites to make your spine tingle during this special Halloween performance.



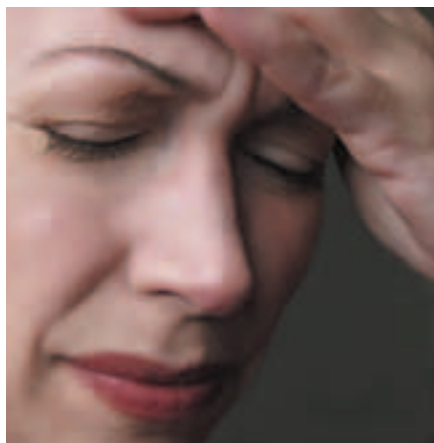
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# TO YOUR HEALTH



## Get your flu shot!

Adventist HealthCare will administer flu shots at the Village Center on **Wednesday, October 27, from 1 to 3 p.m.** Shots will be available to adults over the age of 18 and are recommended for adults over fifty, especially those with long-term heart or lung problems, kidney disease, cancer, AIDS, diabetes, anemia, asthma, or cystic fibrosis. Providers of home care to high-risk individuals should also be vaccinated. Individu-

als who should not be vaccinated include those with an allergy to eggs, those with a past history of Guillian-Barre Syndrome, and those with a fever. Pregnant women must have consent from their physicians.

Flu shots are \$20. A limited number of pneumonia shots will be available for \$25. Payment is by cash or check made out to AHC. Individuals with Medicare Part B or Medicaid will not be charged a fee if they show their card.

## Taking the 'IN' out of Incontinence

Dr. Mary Dupont is a urologist who does some unique procedures to address bladder leakage often experienced by men and women as they get older. In this month's Suburban Health lecture on **Wednesday, Oct. 13, at 1 p.m.**, she will explain the causes of bladder problems as well as describe some of the advances that can help in taking care of the situation. Incontinence is not a normal part of aging and can be controlled. Join us at this informative lecture and learn the facts.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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\*Source: Lewis Group estimate based on the Brookings-KF Long-Term Care Financing Model, 1995. As cited in, "Long-Term Care: Reworking the Patch, Paying the Price" Health Insurance Association of America, 1997, pg. 12.

See your local State Farm Agent for details on coverage, costs, restrictions and exclusions.

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## Capitol Hill, continued from page 3

to purchase the house. At one time it was the home of Albert Gallatin, Jefferson's Secretary of the Treasury, who finalized the details of the Louisiana Purchase in the front parlor. In 1814, American soldiers took refuge in the house and fired upon the British while Washington burned. It has been the headquarters of the National Women's Party since 1929. The house was designated a National Historic Site in 1974.

Following our tours, we will enjoy an elegant meal at La Colline, one of Washington's best French restaurants. Please choose (when you sign up): lobster bisque or salad of baby mixed greens as appetizer; grilled Shenandoah river trout or breast of chicken sauteed with madeira and sliced mushrooms as entree; and, trio of sorbets served on meringue or profiterolles for dessert. Please let us know if you would prefer a vegetarian entree.

We will depart from the Village Center at 10:15 a.m. and return around 3 p.m. The cost of the trip is \$56, which includes tours, transportation, lunch and all tax and gratuities. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 15. There are 24 spaces available.

## Impressionism, continued from page 3

tour, we'll view the works of artists associated with the Barbizon School, including Theodore Rousseau, Jean-François Millet, Camille Corot and Charles-François Daubigny. There will also be paintings by major Impressionists such as Monet, Pissaro, and Sisley.

Following our guided tour, we'll enjoy a buffet luncheon at the Garret-Jacobs Mansion. By special arrangement with the Walters Art Museum, we are able to dine at this private club.

Lunch will include a selection of soups, salads, fish, poultry, vegetables, desserts, and soda, iced tea or coffee.

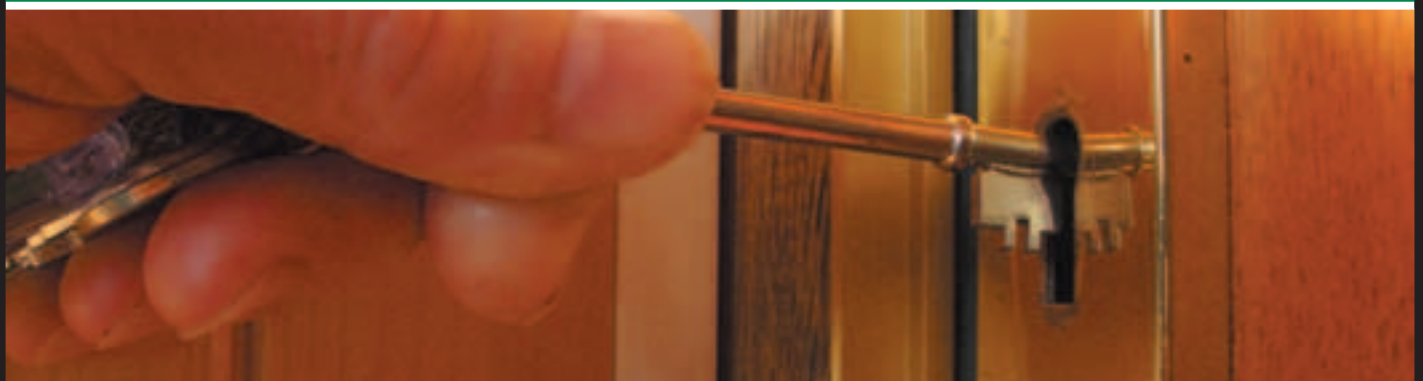
After lunch, we'll have a guided tour of this historic elegant mansion, once the home of Baltimore's wealthiest family.

We will depart from the Friendship Heights Village Center at 9:45 a.m. and return around 3:45 p.m.

The cost for the trip is \$49, which includes transportation, admission to the Walters, guided tour of the exhibit, guided tour of the Garret-Jacobs Mansion, and all taxes and gratuities. Residents and one guest may sign up immediately; nonresidents may sign up beginning Oct. 15. There are 34 spaces available.

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## An afternoon with the Fortepiano

Pianist Susan Duer brings the beautiful music of the fortepiano to the Village Center for a special afternoon performance on **Tuesday, Oct. 12, at 2 p.m.**

She performs on a fortepiano built by her late husband. She is the first fortepianist to win a Solo Recitalist Fellowship from the National Endowment for the Arts.

This performance is free, but seating is limited so please call the Village Center at 301-656-2797, if you plan to attend.

## Lunchtime with the Landon Symphonette

Members of the Landon Symphonette Chamber Ensemble will return to Friendship Heights on **Saturday, Oct. 2**, for a concert from noon to 1 p.m. in Huntley Hall. The symphonette is a unique group of talented musicians from Landon School and other area schools playing together with professionals in a mentoring relationship.

Enjoy Tomaso Albinoni's "Adagio." Virginia Lum will perform Piano Concerto in D-Minor, BWV 1052 by J.S. Bach. She will also be joined by Nayiri Poochikian for Concert for Violin and Piano by J.B. Vanhal. Admission is free. Please call 301-656-2797 if you plan to attend.

## Gargoyles of the Washington National Cathedral

Dr. Wendy True Gasch will give a slide-illustrated talk about the gargoyles and grotesques of the Washington National Cathedral on **Monday, October 4, at 7:30 p.m.** at the Village Center. Dr. Gasch will discuss the ancestry, purposes, and creators of these stone creatures.

Dr. Gasch is the author of *Guide to Gargoyles and Other Grotesques*, the first complete and definitive guidebook to the 112 gargoyles in the Cathedral.

The program is free, but please register if you plan to attend. Call the Village Center at 301-656-2797.



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## Tour Monticello

A few spaces remain for the **Thursday, Oct. 21**, trip to Charlottesville, Va., to tour Monticello and its gardens. Along the way we'll enjoy the fall foliage and stop for lunch in Prince Michel Vineyards, a Virginia winery. The menu is roasted chicken breast, lemon rice pilaf, local vegetables, Prince Michel salad, and chocolate mousse.

The fall foliage attracts visitors from across the region, so expect Monticello to be crowded. Even with a reserved guided tour,

We'll depart from the Village Center at 10 a.m. and should return by 7 p.m.

The cost is \$85 and includes transportation, lunch, tour of Monticello and gardens, and taxes and gratuities. Sign up at the Village Center.

## The Red Hats are coming! The Red Hats are coming!

The Red Hat Society is moving from Oasis to Friendship Heights Village this month. Please join us for the first meeting on **Monday, Oct. 4, at 1 p.m.** The group will discuss programs and activities for the year and enjoy light refreshments. Eleanor Baldinger has agreed to be the "queen" of the brand new chapter, so all you need to do is put on your red hat and purple dress and bring lots of ideas.

The Society Statement of Purpose reads "The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and elan. We believe silliness is the comedy relief of life and since we are all in it together, we might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next."

You may call the Village Center at 301-656-2797 for more information. There is no charge for attending the meeting, but please let us know if you intend to come.

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## This month's Vision Transitions

October's Vision Transitions will meet at the Center **Wednesday, Oct. 20, at 1:30 p.m.**

This group offers free monthly education and support and is sponsored by the Prevention of Blindness Society. Dr. Dawn Gannon will discuss the four major eye diseases that cause low vision.

To register, call the Center at 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit [www.youreyes.org](http://www.youreyes.org). Refreshments will be served. All are welcome.



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## What to do in a rising interest rate environment

Interest rates have been rising and are expected to continue to rise, forcing many investors to take a closer look at their portfolios. At a seminar at the Village Center on **Tuesday, Oct. 19, at 10 a.m.**, Zachary Karr of A. G. Edwards & Sons will discuss the effect rising rates have on fixed-income securities, strategies you can use to help lessen the effect on your portfolio, and the types of securities to look at during this kind of environment.

There is no cost for this seminar, but please let us know you are coming by calling the Center at 301-656-2797. Refreshments will be served.

## Cafe Muse presents...

This month's Café Muse, on **Thursday, Oct. 21, at 7:30 p.m.**, presents poets C.M. Mayo and Elizabeth Rees.

C.M. Mayo is author of *Sky Over El Nido*, which won the Flannery O'Connor Award for Short Fiction, and a memoir, *Miraculous Air: Journey of a Thousand Miles through Baja California, the Other Mexico*. She is also founding editor of *Tameme*, the bilingual journal of new writing from Canada, the United States and Mexico.

Elizabeth Rees is author of two collections of poetry including *Balancing China*, winner of Sow's Ear Press' national contest in 1998 and a second chapbook, *Hard Characters*.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has published contemporary and sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



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## 'A Holiday Affair' returns

Looking for that special gift for your family, friends or just for yourself. Check out the artistic and the unique when our annual "Holiday Affair" returns to the Village Center on **Saturday, Nov. 20, from 12 p.m. to 5 p.m.** This seasonal event will feature the works of local artists and artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone, for every budget. You'll find pottery, purses, textiles, jewelry, paintings, baskets and more. Admission is free. Unique gifts abound, so mark your calendars for a great shopping opportunity right here in Friendship Heights .



*Friendship Heights*

## VILLAGE NEWS

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**October 2004 events calendar**